



Nutritional Habits

When it comes to nutrition, there are essentially ten practices that healthy, lean people follow.

1. Eat multiple times per day- Eating 5-6 small meals over the course of the day does a few things for you:
 - a. Speeds the metabolism- Remember that every time you eat, your bodies metabolic machinery fires up.
 - b. Keeps you from over eating- If it has only been 2-4 hours since your last meal, you are less likely to over indulge when the next meal comes. It is much harder to be moderate in your choices when you are ravenous from skipping breakfast.
2. Eat protein with each meal- Protein with each meal has the following benefits:
 - a. Keeps the muscles supplied with plenty of material to rebuild and recover from strenuous workouts
 - b. Stimulates the metabolism and controls insulin production
 - c. Helps with satiety
3. Eat 5-6 cups of vegetables a day
 - a. Steady supply of vitamins and minerals
 - b. Provide fiber for satiety and ease of digestion
 - c. Low caloric density- They take up a lot of room in your stomach but don't bring a lot of calories to the table.
4. Save starchy/sugary carbohydrates for pre or post workout meals
 - a. The body is best suited to use these carbohydrates rather than store them as fat in the 2-3 hour time frame after a strenuous workout
 - b. Breads, pasta, potatoes (white and sweet), rice, grains, fruits
5. Don't fear the fat- Taking fat out of the daily intake will lead to disaster
 - a. Fats help with satiety
 - b. Provide building blocks for hormones
 - c. Help to stimulate the metabolism
 - d. Saturated fats are not as bad for you as the media would have you believe
 - e. See the food list below for sources of good fats

6. Don't drink your calories
 - a. With the exception of post workout drinks/protein shakes, drinks should be limited to non-calorie laden items like water, unsweetened tea, coffee, etc.
7. Eat real food- There are times when supplements/processed food is a necessary evil. Most of the food you consume should come in its natural form. Some easy rules to remember:
 - a. If it did not **have** eyes or was not **going to have** eyes or did not **come from something** that had eyes, it's not a complete protein.
 - b. If you can grow it and harvest it or hunt it down and kill it, it's real food.
 - c. The longer it is designed to stay on a store shelf the worse it is for you to eat.
 - d. The perishable items on the outlying areas of the grocery store are the healthiest for you.
8. Plan. Plan. Plan. Plan- By planning ahead you can reduce the amount of times the processed food is necessary in your diet. You also stand a better chance of staying within the previous 7 habits if you plan your day from a nutritional stand point. Spending 10 minutes each night planning for the next day and packing food will make a huge difference.
9. Variety is the key- The more varied your diet is the better the chances of getting all the nutrients needed to stay healthy.
10. Follow the 80/20 or 90/10 rule- This rule states that if you follow the above habits 80-90% of time, you will see progress. Don't treat this as a license to eat poorly. Think of this as your insurance against being human and the fact that life is unpredictable.

